




GMS SEL Lesson

2/23/24

Student SEL Committee



2023-2024

KINDNESS

SEL committee

WHAT MAKES YOU FEEL HAPPY?

WHO MAKES YOU FEEL HAPPY?

WHERE DO YOU FEEL HAPPY?



TURN AND TALK,

CIRCLE TALK OR

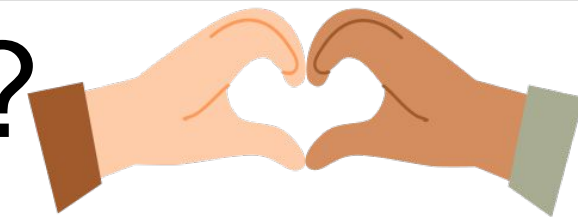
POPCORN TALK WITH THE CLASS.

WHAT ARE WE LEARNING TODAY?

We will be learning about kindness, being friendly and considerate of others.

KINDNESS

WHY ARE WE LEARNING THIS?



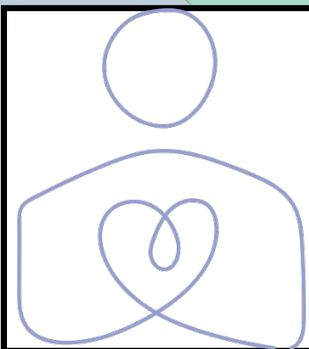
IT FEELS GOOD TO SHOW KINDNESS TO OTHERS
AND IT FEELS GOOD WHEN OTHERS ARE KIND TO
US. KINDNESS CAN EVEN AFFECT YOUR HEALTH.

What is Kindness?

Kindness is more than being “nice” to someone

Kindness is being generous, inclusive, and considerate of others' time, space, needs, and feelings

How have others shown kindness to you?



LETS WATCH A VIDEO!



WHAT DID YOU NOTICE ABOUT THE VIDEO?
CAN YOU RELATE?

TURN AND TALK,
circle talk or
popcorn talk with
the class.



A PROJECT WE ARE TRYING TO DO IS



ALL ABOUT HOW YOU CAN MAKE

OTHERS BE COLORFUL

THE KINDNESS CONTEST

THE KINDNESS CONTEST IS a project where you and your excel class work together to show how we can be kind to others



FRIDAY, FEBUARY 23, 2024



EXCEL classes will be making a poster with words and drawings on how to show kindness. This will be a contest where you can win prizes depending on your overall class choice. Make sure try your best and think of creative ways to show what kindness is

DUE FRIDAY, MARCH 1, 2024

- Colorful
 - Neat
 - Creative
 - Teacher's Name
 - Hallway number
- CRITERIA**

- Pencil
 - Markers
 - Paper
 - Highlighter
 - Any other materials you have
 - Positive Attitude!
- SUPPLIES**

Turn in to the Counseling Office